

Positive Alternatives 2016 – 17 Third Quarterly Update

Grantee (Name and city): Philomena House, St. Paul (878194)

Contact: Joyce Nevins, Director

Phone and Email: 651-334-5913

Goal: To provide temporary housing for 2 to 4 pregnant women in a life affirming program that empowers them to become financially independent and self sufficient

For the period/quarter: Jan. 1 – Mar. 31, 2017

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
Administrative Activities Grant	Administer grant activities		Joyce Nevins, Director Sharon King, Housemother Anne Bolle, Housemother	
Outreach	Promote Grant activities		We are in process with Heritage Preservation – (Have permission from District 4) Commission for approval for new fence in backyard, removal of old fireplace and windows on front porch Work will begin depending on weather. Have obtained brochure of Phil.Hse. for distribution. Have placed our ads. In 30 church bulletins.	
Education – Financial Assistance	*Provide individual assessment to residents prior to entering *Financial Coaching classes *Provide financial classes to	2-4	One delivered in Jan. and two in Feb.. Two babies went into Foster Care via CPS. One obtained her baby in two weeks. One with 5 other children still waiting and staying sober . They all attend classes in Life Coach and will attend Financial Planning and Parenting classes after delivery. One will attend a separate,	24

	<p>increase financial literacy and move residents to self-sufficiency</p> <p>*Assist residents in completing applications for financial assistance for college, permanent housing and other needs.</p>		<p>more involved, Financial class with added benefit of obtaining a car if she graduates. Two will attend Easter Seals Informational. All are registered with Access to Housing Office. One updating her Identification and obtaining a drivers license. Has reunited with her baby and plans housing, job and reuniting with her son. One planning to leave the end of March and find stable housing and job. She plans sobriety for herself and reuniting with her 6 children. She is hoping to be re-hired by former employers. Her Social worker and CPS will continue to monitor her sobriety. A fourth guest is due to deliver a son in mid-April and is attending a program to obtain her GED.</p>	
Housing Assistance and Administration	<p>*Provide a home and evening meal for 2 - 4 women (and their babies when born) up to one year, are 18 -26 yrs., and who were previously homeless because of their pregnancies.</p> <p>*Clothing is also available for moms and infants.</p> <p>*Life-skills classes (cooking, gardening, comparative shopping for high protein and low cost, low Carb. food),</p> <p>*weekly life and financial coach group and individual meetings with mentor and doula.</p> <p>*"Family" meeting once a week with all the members of house and director.</p> <p>*Provide intake assessment: Director assigns a volunteer mentor and Doula for each</p>	2-4	<p>Our meal program includes shopping and each must cook a meal (of their choosing) each week.</p> <p>Each puts needed items on the grocery list and then shops for these with the housemother. At this time packages are checked for nutrition: Sodium, Fat, Carb, Protein/vs. Cost.</p> <p>Each has a Doula and has refused a mentor .</p> <p>Dental and Eyeglass apt. are scheduled for new guest.</p> <p>Guests access Obstetrician and Pediatrician according to their insurance and need.</p> <p>Family meeting discussing "Honor the Cook", "Honor the Volunteer" (by being polite) "Honor the Woman" (motherhood)</p> <p>Some complain they don't like what the girl has cooked...then cook something for themselves. I asked them to at least "try it" and be kind and thoughtful because of the cook's attempt to please with food they expected all would/could enjoy. One day I felt the girls were disrespectful to a volunteer and I talked at length about who the volunteers are and why they are here. I also reminded them that THEY are volunteering here by helping and agreeing to live by our rules and regulations.</p> <p>Even though they refused mentors our volunteers have been visiting and offering ideas and help each.</p> <p>One needed to be taken to the E.R. for post-partum bleeding and one for baby's eye infection. One baby is being treated for oral</p>	<p>12.</p> <p>12</p> <p>30</p> <p>12</p> <p>4</p> <p>6</p> <p>8</p> <p>4</p>

	<p>guest*helps coordinate Obstetrician, Pediatrician and PHN / and *assesses other needs: eyes, dental, addictions/adjustment to the Philomena House.</p> <p>*Follow up assessment by two weeks: (Director records phone numbers/location of Hospital, Drs. and PHN.)</p> <p>*Discusses compatibility with assigned mentor and doula.</p> <p>*All appointment times recorded on office and kitchen calendars.</p> <p>*Jobs and Education interests also discussed at this time.</p> <p>*The initial Care conference (once a month) is arranged with all involved: PHN, mentor, doula, Coaches, housemother and director. Other (may include “mom’s first” or ARMS worker etc.)</p>		<p>fungus. (Thrush)</p> <p>A volunteer from Wells Fargo Bank taught the girls a one hour class on “Being interviewed and getting a good job” ...She also gave the four guests nice things to keep track of their job hunt.</p> <p>.</p> <p>All are attending follow up appointments with obstetrician and pediatrician</p>	<p>6</p> <p>9</p>
Mentoring and Doula Programs	<p>*Pair residents with volunteer mentors and birth doulas</p> <p>*Provide intake assessment</p> <p>*Safe sleep and Car seat, ‘shaken baby’ education</p> <p>*Provide support in carrying baby to term, setting goals,</p>	2-4	<p>Family meeting to discuss safe sleep, bottle propping, ‘shaken baby’ and car seat safety. Information on videos will be encouraged with offering \$25.00 gift cards for 5 short movies that cover these.</p>	ongoing

	<p>assist with development in areas indicated in assessment</p> <p>*Mentor and Doula may be present for Care Conference and the delivery</p> <p>*Post-partum Doula assists in care of mother and baby after delivery</p> <p>*Mentor/and Doula may continue with guest after she leaves Philomena House</p>			
Nutrition	<p>*Provide nutrition education for pregnant and parenting women</p> <p>*Provide healthy snacks during meetings</p> <p>*Provide instruction in meal planning, comparative shopping (Cost vs. protein, sodium and carbs.) and cooking</p> <p>*Provides encouragement and 'tips' to new mom(breast/bottle feeding)</p> <p>*Provide instruction on cleaning bottles and equipment</p>	2- 4	(Please see above)	ongoing
Parenting Education	<p>*Provide parenting education to residents on topics including child care, normal growth and development. Health,</p>	2-4	<p>All our guests plan to breast feed, and the doula specializes in teaching about feeding and baby massage and exercises for baby.</p> <p>Postpartum doula will provide information to prevent or lessen</p>	10

	<ul style="list-style-type: none"> *immunizations and making parenting plans. (Adoption) *Hormonal changes and 'postpartum blues' *Importance of exercise for baby and mom *Baby massage and motion exercises 		hormonal changes with special regard to depression.	4
Pregnancy Education	<ul style="list-style-type: none"> *Provide information on healthy pregnancies, importance of early prenatal care, nutrition and exercise. *Provide information on safe use of treadmill and stationary bike *Provide alcohol, drug and smoking cessation information 	2-4	<p>We recently purchased five DVD's about Parenting tips, car seats, , Dating, abstinence and The effect of Family Violence on Children. If the guest watches all five she can earn a \$25.00 gift card.</p> <p>Exercise equipment safety is frequently discussed.</p> <p>Belly binders were provided to guests but they wear them only when walking a lot. Feel too "bunched up" wearing them.</p>	12
Provide Necessary Services to all clients	<ul style="list-style-type: none"> *Provide intake assessment to determine need. *Provide women with information on, referral to and assistance with securing pregnancy support services. *Utilize our extensive resource database to provide information and make referrals 	3-12	<p>In-depth intake done for all guests</p> <p>Pregnancy support with doula – all guests</p> <p>All guests utilize our resources. We encourage signing up for low-cost housing. Also looking through various employment positions.</p>	<p>4</p> <p>16</p> <p>9</p>
Provide Necessary Services Assessments Only	<ul style="list-style-type: none"> *Provide intake assessment to determine need. *Provide women with information on, referral to and assistance with securing pregnancy support services. 	3-12	<p>We have taken two to the Obstetrics appointments. Our third, newest guest , has been attending her appointments on her own, now we will take her to her next appointment. They all will also attend the dentist.</p> <p>All are using our computer and Referral booklet for housing, jobs, mental health, and other services.</p>	<p>4</p> <p>2</p>

	*Utilize our extensive resource database to provide information and make referrals			
Transportation	<p>*Provide bus passes for transportation assistance to:</p> <p>*Educational Opportunities and work as well as doctor/dentist/other appointments.</p> <p>*Philomena House is half a block from a bus stop.</p> <p>*Some volunteers need gas reimbursement.</p>	2-4	<p>Both guests are obtaining car rides from our housemother to appointments because they are so near the due date.</p> <p>Baby sleep books have been given to all 3. Also Life Skills and Pregnancy Help booklets.</p> <p>Nobody owns a car.</p> <p>Frequent discussions about care of infants and car seats, shaken baby and other serious issues.</p> <p>One had a court date and the Director attended with her. It was apparent to us that they felt this mother's progress was directly related to her present stay at Philomena House. She was able to get her baby by staying sober and careful observance of her mothering/sober behavior at Phil.Hse. by our housemother and volunteers.</p>	<p>Ongoing</p> <p>6</p> <p>8</p>

Maternal and Child Health Initiative Task Force Strategies	No.
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	2
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	2
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	2
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	2
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	2
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	3

Challenges The two women are both mothers with 3 yr. old sons in foster care. It seems they can barely think of anything else. We have a difficult time getting them to participate in anything that is not mandated. Social activities and organized “fun” evenings not enjoyed from what we observe. After her successful court date one guest is happier and looking forward to her new baby and cooperating with staff at Philomena House.

Comments: We have been “dreaming” of having a second Philomena House that accepts pregnant women with children. A benefactor seems to have landed “in our lap” and we think this ‘pilot project’ could tell us a great deal about how we can help mothers who are unsupported by their babies’ fathers. We do not have an opening date for this home.

The last two weeks of March one mother is showing increased depression or activity. When she came to us from Face to Face we were told she was not on medication for her “Bipolar” diagnosis. We had noticed some problems but they are now escalating and we took her baby in Saturday, Ap.1 and will take her to the Obstetrician on Monday. She had cancelled her last appointment and said she was “not taking any pills!” This guest continues her unpredictable behavior. When we asked if she wanted a Public Health Nurse she said “No”. We feel she needs help with her ongoing depression/activity but she has refused to see anyone we recommend and always says “I don’t want to talk to you about it”.